

Nebraska Food Distribution Processed Commodity Fact Sheet

Name: *Chicken, Tenders Breaded

Product Code: 3859

Processor: Tyson Foods, Inc.

Category: Meat and Meat Alternate

Date: 4/12/2005

Description: Breaded teardrop shaped chicken tender, containing white chicken meat. The product is fully cooked, it is a heat and serve item.

Pack Size: 144 servings

Storage: Store at 0 degree's F or below

Preparation: Keep frozen until ready to use.

Cooking: Heat 7-10 minutes in convection oven at 375 degrees or 16-19 minutes in conventional oven at 375 degrees.

Serving Size: Three 1.13 oz Tenders per serving

Meal Contribution: 2 meat/meat alternate and 1 bread alternate

Nutrition Facts			
Calories:	230.00	Protein:	16.00 grams
Total Fat:	13.00 grams	Carbohydrate:	12.00 grams
Saturated Fat:	3.00 grams	Cholesterol:	55.00 mg
Trans Fat:	grams	Calcium:	24.00 mg
Iron:	2.00 mg	Dietary Fiber:	1.00 grams
Sodium:	730.00 mg	Vitamin C:	0.00 mg
Vitamin A:	60.00 IU		